

Family Day

A day to eat dinner with your children™

Protect your children from drugs, alcohol and cigarettes.

Children who eat dinner with their family are less likely to use these substances.

Take time out of your busy schedule and observe Family Day by having dinner together on **Monday, September 25.**

Family dinners are about more than just sharing food. The conversations help parents learn about their children's lives and the challenges they face.

Engaging your children and listening to them is a simple way to reduce youth substance abuse and raise a healthy family.

Information is available at www.casafamilyday.org

Frequent Family Dinners

- *Surveys conducted by The National Center on Addiction and Substance Abuse at Columbia University have consistently found that the more often children eat dinner with their families the less likely they are to smoke, drink and use illegal drugs.*
- *Teens who never eat dinner with their families are 72% more likely to use drugs, alcohol and cigarettes.*
- *Teens who almost always eat dinner with their families are 31% less likely to use drugs, alcohol and cigarettes.*
- *Children who have frequent family dinners are likelier to get better grades in school, have less stress at home and to say that they trust their parents.*
- *Family dinners have long constituted a substantial pillar of family life in America.*

